

IT'S FUNNY WHO YOU'LL FIND AT COMIC-CON

MCCONAUGHEY IS JUST ONE OF MANY NON-NERDY CAMEOS. PAGE 21

metro®

NEW YORK CITY'S #1 FREE DAILY NEWSPAPER

Monday, July 28, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork



TEACHING GOTHAM'S NEWEST CAPED CRUSADERS

Community. Staten Island crimefighter the Dark Guardian recently started a superhero class in the borough that teaches NYC kids how to become role models by emulating life lessons learned from Superman and Spider-Man comic books. PAGE 02

Chris Pollak, who patrols Staten Island at night as the Dark Guardian, teaches mixed martial arts to children in his Hero program over the weekend. / KEVIN DOWNS, METRO

Become a vital part of the Business World with a career in Accounting, Finance, Marketing, Management, or Information Systems



scan here

Touro College: a world of possibilities

Get your undergraduate degree in **Business Management and Administration** at Touro College's New York School of Career and Applied Studies.

At NYSCAS we provide the support our students need to succeed, from the moment they enroll to the day they graduate.

And if graduate study is in your future, consider Touro's Graduate School of Business, which offers a Master of Business Administration (MBA) degree and Master of Science programs in Accounting, Human Resource Management, and International Business Finance.



NYSCAS
New York School of Career and Applied Studies
a division of TOURO COLLEGE

212.463.0400 x5500
MANHATTAN, BROOKLYN, QUEENS
www.touro.edu/nyscas

apply **ONLINE** at apply.touro.edu

facebook.com/WeAreTouro

[@WeAreTouro](https://twitter.com/WeAreTouro)

Touro is an equal opportunity institution

1 NEWS

Today's tweet

"While walking around New York City last night, we saw a clowder of seven black cats. Is that maximum bad luck?"

@Lennaman



Top 3

What's trending online at Metro.us

1 'Rescued from VHS: Demi Moore appearing in a music video with her first husband'

2 VIDEO: You won't believe how big this giant jellyfish is'

3 'Newport Folk Festival: Photo gallery of 46 moments that rocked'

Times Square

Spidey hauled away after punching cop



Friendly neighborhood web-slinger / GETTY IMAGES

An amateur Spider-Man was anything but a hero on Saturday after authorities said he punched an officer to evade arrest.

Police identified the masked menace as Junior Bishop, 25, of Brooklyn after he was collared on Saturday afternoon for assaulting the arresting police officer, resisting arrest, criminal mischief and disorderly conduct.

Investigators said the costumed Bishop was working the crowd near West 42th Street and Broadway at 2 p.m.

The police officer who later tried to take in the offending web-crawler witnessed Bishop take a photo with tourists, after which a woman tried to tip Bishop and handed him a \$1 bill.

Bishop wouldn't take the bill, police said, instead demanding only \$5, \$10 or \$20 bills for the photo.

The officer overheard the conversation and told the woman she could donate whatever she wanted, angering Bishop.

"Mind your own f—g business," Bishop allegedly interjected.

When the officer told Bishop that he could not request money, the web-slinger reportedly went into a fit — cursing, yelling and arguing with the cop.

The officer asked Bishop for identification, which Bishop said he didn't have and prompted the cop to inform Bishop he was under arrest. The web-head decided to fight back, slipping free and punching the rookie cop in the face. The two struggled until more officers arrived and helped apprehend Bishop.

CHESTER JESUS SORIA

Crimefighter trains young superheroes



Chris Pollak, aka Dark Guardian, has patrolled Staten Island for more than a decade. He started a superhero class for kids. / ALL PHOTOS KEVIN DOWNS, METRO

Staten Island. The Dark Guardian is unleashing future capped crusaders.



Visit Metro.us to read more about Dark Guardian and his class for kids.



Crimefighters

NYC's first watchman

The Guardian Angels have patrolled the streets since 1979 with their red berets. They are an organized neighborhood watch that coordinates with the police department.

Dennis "Superstretch" Torres, director of the Guardian Angels Community Service Center in Washington Heights, said he admires Pollak's efforts if not his methods.

"We don't dress up because that can be dangerous. He has to be careful when he goes out patrolling. You're always in a delicate situation. He should also be working with the police department. That's what we do. Otherwise he'll be considered a vigilante."

SAMAR KHURSHID
@MetroNewYork
letters@metro.us

dealers and gang members, and he's been threatened with knives and guns.

Amid roundhouses and kicks, Pollak sits on the rubber mat at LaSalle while children huddle around him. "What do you think is Superman's greatest power?" he asked.

Hands go up as the children answer: "He's strong." "He can fly." "He fires lasers from his eyes."

All good answers, Pollak said, but "his greatest strength is he always does the right thing."

The Hero class involves basic fighting techniques and tutorials in confidence, body language and how to stand up to bullying.

While the children love emulating their favorite costumed characters, parents say discipline and training is the real focus of these classes.

"It's not about high-flying antics. It teaches them respect," said Mike Schneider whose 4-year-old son Philip is obsessed with superheroes.

"The kids can relate to it," said Richard Young, whose son, Raffaele, 5, is also enrolled in the Hero program.

As the class ends, Pollak leaves them with one last piece of advice: "Remember! There's a hero in everybody, and every little action makes a difference."



Pollak poses with one of his students.

cusing on teaching children from 3 to 12 years old lessons derived from comic books.

Pollak's origin story doesn't involve alien planets or radioactive spiders. He started training in martial arts when he was 16. Now, as an instructor at LaSalle Mixed Martial Arts in Staten Island, he teaches Brazilian jiu-jitsu, kempo karate and Muay Thai kickboxing.

At 18, Pollak discovered people who shared his passion for comic books and justice and they started foot patrols in Brooklyn, Harlem and the Bronx. He created his alter ego to call attention to their work. On more than one occasion, Pollak, who wears a bullet-proof vest on his beat, said he has encountered drug



NEW LOCATION.
NEW LOOK.
MORE BEAUTY.

THURSDAY, JULY 31
NOW AT LEXINGTON AVE & 60TH ST

SEPHORA

AINSWORTH INSTITUTE OF PAIN MANAGEMENT
"New York City's premiere center."

Avoid surgery, get fast pain relief!

Our doctors are experts in pain relief and minimally invasive procedures. Patients can go to work the same day of treatment and get fast relief.

- ✓ Most insurances accepted
- ✓ Worker's Comp & No Fault / Personal Injury accepted
- ✓ Same day appointments
- ✓ Sedation available for painless treatments

+ Neck pain relief
+ Low back pain relief
+ Arthritis relief
+ Hip pain relief
+ Sciatica relief
+ Shoulder pain relief

EXPERTS IN Knee pain relief

Board Certified Pain Physicians
Experts in back pain, neck pain, knee pain, and arthritis.

212-203-2813
CALL NOW for a complimentary MRI & X-Ray review
115 East 57th Street, Suite #1210, New York NY 10022
www.ainsworthinstitute.com

Accessible by
E 4 5 6 N Q R F M BUS

Jeremiah's Vanishing New York

JEREMIAH MOSS

www.vanishingnewyork.blogspot.com

Jeremiah Moss is the award-winning author of the blog Jeremiah's Vanishing New York. His writing on the city has appeared in many publications, including The New York Times, and online at The New Yorker.



Past holds sway at El Quijote

We recently learned El Quijote, the beloved Spanish restaurant in the Chelsea Hotel since 1930, will change hands. It was bought out by Ed Scheetz, the new owner of the Chelsea, who closed the legendary bohemian hotel to guests in 2011 for extensive upscale renovations. Those of us who love El Quijote worry the restaurant, virtually unchanged for 84 years, will also be upscaled for a fashionable new clientele. It's one of the few places left in hyper-gentrified Manhattan where you can have an old New York experience. Lunchtime at El Quijote is a quiet affair. Classical music plays overhead, giving you



space to think. Patrons are gray-haired, hushed, sitting with napkins on their laps. No one takes out a cellphone.

The waiter, dressed in his admiral's jacket, glides among the tables, bearing food and cocktails.

At the end of the dining room, mounted on a wall painted with sky, a group of windmills turn. The ceiling, scalloped in stucco, brazenly shows its age. No one talks about real estate or technology. No one is screeching with performative delight.

"The Nazis were very, very strict," says a woman talking about the Degenerate Art show at the Neue Galerie.

"I had a library of 5,000 books," says a man at another table. "But I had to give them up when I moved."

The pork chops are simple, accompanied by a smattering of peas. Your mother might have served this to you in the dark ages of the 20th century.

Lunchtime at El Quijote is a protective bubble. The urban cymbal crash is far away. You are among the old guard, the ones not locked to a screen's hypnotizing gaze. They know who they are, like the pork chops on the plate, and have no interest putting on a show.

For exclusive commentary, visit Metro.us/blogs.

FLICKR/SHELLYS



IF YOU SEE SOMETHING, SAY SOMETHING.

TELL A COP OR AN MTA EMPLOYEE OR CALL **1-888-NYC-SAFE**.



FUNDING PROVIDED BY GRANTS FROM THE U.S. DEPARTMENT OF HOMELAND SECURITY.



All bodies are beautiful

More than 40 painters and 50 models showed up at Body Painting Day on Saturday at Columbus Circle. The goal of the public exhibition was to promote self-confidence, organizers said. "We're not using nudity as a form of exploitation," Andy Golub, body painting artist and co-organizer said. "It's all about body acceptance, accepting each other as we are." / IMAGERY STUDIOS

Manhattan. ERs see rash of synthetic pot

Almost two dozen people were rushed to Manhattan emergency rooms since Friday for possible negative reactions to synthetic marijuana products. City officials said 15 residents of East Harlem, Central Harlem and Chelsea appeared at hospitals over the weekend with symptoms typically associated with synthetic cannabinoids.

Illegal in New York state since 2012, the Health Department said on Sunday that it had seen a 220 percent spike in ER visits related to the synthetic drug in 2014 alone.

"K2, Spice, Green Giant — no matter what you call it, synthetic cannabinoids are dangerous and illegal," Health Commissioner Mary Bassett said. "I urge people not to use these products, which have caused a huge spike in emergency room visits this year."

Officials said there's no antidote to counter any

Buzz kill

The synthetic weed has a number of unintended side effects.

- Designed to mimic the effects of marijuana, the potpourri-looking substance is also linked to rapid heart rate, vomiting and seizures, as well as kidney failure and increased blood pressure.

effects, which can last between one and two hours, as the ingredients change frequently. But the drug carries more than just health consequences.

On top of potential federal charges, criminal penalties for possession of synthetic pot can include a fine of up to \$500 and or as many as 15 days in jail. Civil penalties can also include fines of up to \$2,000 for each violation.

CHESTER JESUS SORIA

Manhattan

NYC pension funds valued at \$160 billion

The five pension funds that hundreds of thousands of city employees contribute to saw a fifth year in a row

of increased returns, up \$23 billion from last year.

City Comptroller Scott Stringer announced Monday that the total fund value jumped to \$160.4 billion from last year's \$137 billion — the highest to end a fiscal year.

By the numbers

\$10B

The NYC pension funds are \$10 billion more than it cost to build the International Space Station.

"Five years of positive returns are good news for the pension funds and for the City," Stringer said.

Last year, New York City paid 11 percent — or about \$8.1 billion — of its budget into the pensions.

CHESTER JESUS SORIA



INTRODUCING FiOS QUANTUM TV. REDEFINING WHAT TV CAN BE.

Verizon FiOS gives you the ultimate in home entertainment. And now you can get the FiOS Triple Play with higher 25/25 Mbps Internet speeds for just \$89.99 a month guaranteed for two years. Plus, you get your choice of terms.

ONLINE-ONLY OFFER: FiOS® TV, INTERNET & PHONE

\$89.99/mo.

For 2 years (plus taxes, fees, equip. charges & RSN fee)

WITH NO ANNUAL CONTRACT

OR

FREE FOR 2 YEARS



ENHANCED SERVICE w/2 yr. agreement

- Record up to 6 shows/movies at the same time
- Store up to 100 hours of content
- Pause, play and rewind TV in any room with a Set-Top Box (Equipment at an additional cost)

BOTH WITH A TWO-YEAR PRICE GUARANTEE!

New FiOS QuantumSM TV makes the amazing FiOS TV experience even better.

Join Verizon FiOS Customers Today!

CLICK verizon.com/bettertv or CALL 1.888.692.4534 for other great offers.

No Annual Contract offer: Limited-time offer for new FiOS TV and Internet res. custs. subscribing to a FiOS TV Preferred HD, FiOS 25/25 Mbps Internet and Verizon Freedom[®] Essentials or FiOS Digital Voice (FDV) bundle online. Promo rate via \$35 bill credit for 24 mos.; beg. mo. 25 stand. monthly rates apply. **2-yr. Contract offer:** Limited-time offer for new FiOS TV and Internet res. custs. subscribing to a FiOS TV Preferred HD, FiOS 25/25 Mbps Internet and Verizon Freedom Essentials or FDV bundle online. Promo rate via \$35 bill credit for 24 mos.; beg. mo. 25 stand. rates apply. 2-yr. agr. req'd. Beginning day 15, up to \$230 ETF applies. FiOS Quantum TV (QTV) - Enhanced Service discount applied via \$22/mo. bill credit for 24 mos.; beg. mo. 25 stand. service charges apply. QTV - Enhanced Service payment plans & prices vary based on number of connected TVs up to 5. Media Servers and Media Clients beginning at \$19.98/mo. Specific model Verizon branded router required. **General:** Price guarantee applies to base monthly rate only; excl. optional services & equip. charges. Rate may increase after 24 mos. Up to \$3.48 Regional Sports Network Fee, \$4.99 wireless router rental fee, & other fees, taxes, equip. charges & terms may apply. Activation fee waived via bill credit. Subj. to credit approval & may require a deposit. FiOS avail. in select areas. Actual speeds may vary. Backup battery available for FiOS voice services & E911 (but not data or video). © 2014 Verizon. All Rights Reserved.

M23QTVOPMNY0614



Scan to Win!
Enter to Win!

Call 212-779-8626 24/7
Book www.SmileArtistNY.com
50% off ends 8/15/14

This Week's Special 50% off:

invisalign
Express For \$1999
Straight Teeth in 5 months, No Braces!*

Invisalign Express or Braces for \$99/month*
www.Ortho99.com

Voted: Top Provider in US

To Get Your **Free \$100 Gift Card***
Call or Text the word **SmileCafe**
To 77286 by this Friday (limited supplies)
Dental Plan: Reduced to only **\$20/month!***

Implants/2 visit Extreme Smile MakeOver*
Proven **Laser * Dentistry**
BEST Fees & Quality Guaranteed on all procedures as low as \$999*

ZOOM!
Whitening
Save
Now Only \$199 – Exam/Cleaning \$49*

snapon smile or
Natural Strong Dentures as low as \$999*

Discover
Natural Veneers as low as \$999*

“You too can have a Natural Gorgeous SEXY Smile for as low as \$99/month* by NEW 3D imaging CAD/CAM Laser @ Relaxing Holistic Park Ave Dental Spa!*

Treatment of pain, Bad Breath/Halitosis, Gummy Smile, Gingivitis, Laser Dentistry, and 500+ other treatments.
*Promotions end 8/15/14. Must qualify. Limitations apply. Please visit site & call for details before making a commitment.



metro

www.metro.us
Monday, July 28, 2014

NEWS 6

‘Skinnied-down’ border bill is expected to pass

Washington, D.C.
The House prepares to vote on a bill to give Obama \$2.7 billion of his \$3.7 billion request.



A mother and child from El Salvador await transport to a processing center for undocumented immigrants. / GETTY IMAGES

John Cornyn, of Texas, the No. 2 Republican in the U.S. Senate, said on Sunday he expected the House of Representatives to pass a “skinnied-down” emergency funding bill this week to deal with a surge of migrant children at the southwestern U.S. border.

The Republican-controlled House is debating how much to pare from President Barack Obama’s \$3.7 billion supplemental request, although any

Republicans

\$1B

Lawmakers have said House Republicans are considering a smaller amount, possibly \$1 billion or less.

House compromise is likely to face opposition in the Democratic-controlled Senate before lawmakers try to begin their scheduled break

at the end of the week.

“I think the House will come with a skinnied-down bill in terms of money,” Cornyn said on ABC’s “This Week.” He also said he expected the House to incorporate a plan he has proposed with Democratic Representative Henry Cuellar of Texas to try to speed up deportation of Central American child migrants. **REUTERS**

Varicose Veins GOT YOU DOWN?

FAST, NON-INVASIVE TREATMENTS FOR

Varicose Veins • Spider Veins • Facial Veins

New York City’s Premier Vein Only Practice

Most of my patients say
“I wish I had done this sooner!”

DAVID M. GLASS, MD, FACS
Board Certified Vascular Surgeon
25 Years of Experience

Most Insurance Accepted!

1-888-591-9540

www.NewYorkVeinCenter.org

©COPYRIGHT 2013, NEWYORK VEIN CENTER ALL RIGHTS RESERVED
DOWNLOAD THE NYVC APP IN THE  APPLE APP STORE

NEW YORK
VEIN CENTER
BROOKLYN / MANHATTAN



Painful Varicose Veins?

Now is the time to take care of it! Varicose veins are MORE than just a cosmetic problem. They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.

Do you have any of these symptoms?

- | | |
|---------------------|-----------------------------------|
| Varicose Veins | Heaviness and Swelling |
| Spider Veins | Skin Discoloration |
| Itching and Burning | Ulcers and Blood Clots |
| Leg Pain and Cramps | Problem Walking For Long Distance |

USA Vein Clinics Will help!

With a non-surgical, minimally invasive, painless procedures, that take only 15 minutes!

**Newest Non-Laser
Technique For Varicose Vein
Treatment called ClariVein
Now Available at
USA Vein Clinics**

Medicare and most insurances accepted!

Trust Your Legs Only To Top Specialist!

- Named "Best Vein Center" and "Leader in Health Care" five times!
- Pioneer in modern vein treatment techniques.
- Nation's only coast-to-coast vein clinic.
- Doctors Staff Include Board-Certified, Harvard and Stanford Trained Specialists
- Nation's Top Vein Clinic, no other clinic can boast such excellence in vein care

**USA
Vein
Clinics**

Do not commit to any other vein center without getting an evaluation from USA Vein Clinics. You will be very pleased you did.

(917) 717-5135
Open on Saturdays

New York:

1153 First Avenue, Manhattan, NY 10065
2511 Ocean Ave, Ste 102, Brooklyn, NY 11229
2444 86th St, Ste A, Bensonhurst, NY 11214
116-02 Queens Blvd, Forest Hills, NY 11375

New Jersey:

766 Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724
Pennsylvania • Massachusetts

Study for a Career in Accounting

Get started in this exciting field at Briarcliffe College.

Study computerized accounting, spreadsheets, macroeconomics, and more.

- Flexible Scheduling – Full-Time and Part-Time
- 2 Convenient Campuses on Long Island

 **Stop by our Admissions Office and get your application processed today.**



877-781-5333 | www.Briarcliffe.edu

Bethpage Campus – Nassau County
1055 Stewart Avenue | Bethpage, NY 11714

Patchogue Campus – Suffolk County
225 West Main Street | Patchogue, NY 11772

BRIARCLIFFE
COLLEGE



Financial aid is available for those who qualify. Programs vary by location. Find employment rates, financial obligations and other disclosures at www.briarcliffe.edu/disclosures. Briarcliffe College cannot guarantee employment or salary. BRI-36907 747692 07/14

Cafeteria politics. Kids now say they like their healthy lunches

When the federal government first rolled out its healthier school meal guidelines in 2012, elementary schoolers weren't happy. Many complained about the taste of the new meals, which contained less sodium and more whole grains and fruit.

A new study reveals, however, that as the school year progressed, many of these students eventually came around. Researchers from the University of Illinois at Chicago asked administrators from 500 different schools about how their students were reacting to the new meals over the course of the 2012-2013 school year. They found that by the end of the school year, 70 percent of the elementary schoolers had come to like the healthier meal options.

"We feel like these data support the new meals and show that although change can be slow, there have not been as many student complaints



By the end of the school year, 70 percent of kids said they liked their new lunches. / CREATAS RF

By the numbers

32M

The number of children who eat school breakfasts, lunches and snacks, according to the Department of Agriculture.

as thought to be," said Lindsey Turner, the study's lead author. The paper will soon be published in the journal *Childhood Obesity*.

The push for healthier

school lunches was heavily promoted by first lady Michelle Obama. The plan to make school meals healthier has sparked intense partisan debate, with many Republicans saying that some districts should be given a temporary waiver from following the new rules because of financial reasons. The first lady said earlier this month that she would fight any repeal of the new guidelines.

LAKSHMI GANDHI

Division of Continuing Education & Workforce Development



**Build Your Pathway
to a Brighter Future
with**

THE SKILLS TO DO THE JOB!

- Certified Nursing Assistant (CNA)
- Clinical Medical Assistant
- Dental Assistant
- Health Information Technician (Certification in Electronic Health Records)
- Patient Care Technician (PCT)



ALLIED HEALTH OPEN HOUSE

Wed., August 6, 2014

6:00pm-8:00pm

120 East 149th Street
Savoy Multi-Purpose Room

Bring this ad to our
Open House and find out if
you are eligible to enroll
in the **FREE** program.



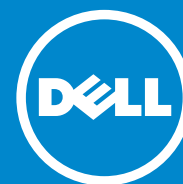
Eligible program participants, who are low-income or receive public assistance, will receive comprehensive support services to help successfully complete occupational training programs, connect to internship opportunities and obtain employment.



HPOG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities. This document is supported by Grant #90FX0023 from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.

Allied Health Career Pipeline Program 427 Walton Avenue, Bronx, New York 10451
718-664-2537 Fax 718-518-6793 pipeline@hostos.cuny.edu www.hostos.cuny.edu/Continuing-Education

Dell recommends Windows.



Serious savings now.



Screen image simulated.

Inspiron 15

Get the features you need at a price you'll love.

\$249⁹⁹

E-Value Code: **SMW8B3001**

- Intel® Celeron® processor
- Windows 8.1
- 4GB* memory* & 500GB* hard drive
- 1 Year Basic Hardware Service and 1 Year Next Business Day On-Site Service after Remote Diagnosis*



Monitor not included.

Inspiron Small Desktop

The Inspiron Small Desktop packs everyday performance into a slim, space-saving design.

Market value* ~~\$291.99~~
\$249⁹⁹ After \$32
 Instant savings

E-Value Code: **SMI36465FFW8S7101C**

- Intel® Celeron® processor
- Windows 8.1
- 4GB* memory* & 500GB* hard drive
- 1 Year Limited Hardware Warranty* and Next Business Day On-Site Service after Remote Diagnosis*

Recommended upgrade:

Dell UltraSharp 24
 Monitor - U2412M \$279.99
 Available with up to a 4th gen
 Intel® Core™ i5 processor.



Latitude 15 3000 Series

The essential business-class features and options that deliver the performance small and growing businesses need.

Market value* ~~\$841.43~~
\$549 After \$292.43
 Instant savings

E-Value Code: **SL35437P02D**

- 4th gen Intel® Core™ i3 processor
- Windows 7 Professional (includes Windows 8.1 Pro license)
- 4GB* memory* & 500GB* hard drive
- 1 Year Basic Hardware Service and 1 Year Next Business Day On-Site Service after Remote Diagnosis*



**Propel your business
 to the next level with
 Dell Business Credit.^A**

Your business deserves big offers.
 Act fast and get the latest technology
 you need now.



**Dell ProSupport
 provides expert answers
 to all your questions.**

- 24x7 North American tech support
 - Virus and software support
- Make sure you include Dell ProSupport today.
 Already own Dell PCs? Call 866-674-9461 to
 add Dell ProSupport or extend your warranties.

For these great offers and more, visit
Dell.com/summerbizoffers or call **877-263-3355**.



Sign up for special deals and news at:
Dell.com/emailsignup



Follow us at:
twitter.com/dellsmbus



Like us at:
facebook.com/dellbusiness

Offers valid: 7/28/14-8/6/14 p.m. EST

*Offers call: M-F 8 a.m. - 8 p.m. CST. Offers subject to change, may not be combinable with other offers. Taxes, shipping, handling and other fees extra and not subject to discount. U.S. Dell Small Office new purchases only. Free shipping and handling offer available in Continental (except Alaska) U.S. only. Free shipping offer does not include time to build/test system. Dell reserves the right to cancel orders arising from pricing or other errors. Limit: 5 discounted or promotional items per customer. Market value: Market value is an estimate based on industry data such as published and as-sold prices for the same or comparable products in a survey of major online and/or offline retailers. Graphics and system memory: GB means 1 billion bytes and TB equals 1 trillion bytes; significant system memory may be used to support graphics, depending on system memory size and other factors. 4Gb or greater system memory capability: A 64-bit operating systems is required to support 4GB or more of system memory. Hard drive: GB means 1-billion bytes and TB equals 1-trillion bytes; actual capacity varies with preloaded material and operating environment and will be less. Dell ProSupport: Availability and terms of Dell Services vary by region. For more information, visit Dell.com/servicecontracts/global. On-site service after remote diagnosis: Remote Diagnosis is determination by online/phone technician of cause of issue; may involve customer access to inside of system and multiple or extended sessions. If issue is covered by Limited Hardware Warranty and not resolved remotely, technician and/or part will be dispatched, usually within 1 business day following completion of Remote Diagnosis. Availability varies. Other conditions apply. Opt-out: To change your address or unsubscribe from Dell Marketing communications, please log on to Dell.com/optout. Trademarks/copyright notices: Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, Xeon Phi, and Xeon Inside are trademarks of Intel Corporation in the U.S. and/or other countries. Microsoft and Windows are registered trademarks of Microsoft Corporation. Dell ProSupport, Dell Venue, OptiPlex and Latitude are trademarks of Dell Inc. All other trademarks and copyrights are the property of their respective owners.

^ADell business credit: OFFER VARIES BY CREDITWORTHINESS AS DETERMINED BY LENDER. Offered by WebBank to Small and Medium Business customers with approved credit. Taxes, shipping and other charges are extra and vary. Minimum monthly payments are the greater of \$15 or 3% of account balance.



LIBI NOW IN NYC

The college for business careers

Affordable Tuition

Convenient Location

Associates Degrees:

- Homeland Security & Security Management
- Emergency Care Management
- Hospitality Management
- Business Management
- Office Technology/Medical Office
- Accounting
- Court Reporting

Certificates(8 months)

- Elder Care Management
- Health Administration & Technology
- Hospitality Management
- ESL Certificate

Vet Friendly 

**Immediate
Decision Day
Wednesday**

Ask About Our **2+2** Bachelor Degree Transfer Option

**Lifetime Job
Placement Assistance**

**International Students
Welcome!**

**GED+DEGREE
Available**

STATE AND FEDERAL FINANCIAL AID AVAILABLE
TO THOSE WHO QUALIFY

Manhattan

408 Broadway,
New York, NY 10013
☎ 212.226.7300

Queens

136-18 39th Avenue
Flushing, NY 11354
☎ 718.939.5100

Commack

6500 Jericho Turnpike
Commack, NY 11725
☎ 631.499.7100

www.libi.edu

For consumer disclosure, please visit www.libi.edu & click Consumer Information link.



**Sanford-Brown[™]
Institute**

Healthcare Programs That Build Your Future.

A SCHOOL THAT SUPPORTS YOUR SUCCESS.

Diagnostic Medical Ultrasound | Medical Assistant
Medical Billing and Coding | Pharmacy Technician

877-475-0333
sanfordbrown.edu

Classes
start
August 25th.

711 Stewart Avenue | Garden City, NY 11530
120 E. 16th Street | New York, NY 10003



Licensed by the New York State Education Department. Sanford-Brown cannot guarantee employment or salary. Credits earned are unlikely to transfer. Find employment rates, financial obligations and other disclosures at www.sanfordbrown.edu/disclosures. 679153 SBNY-36445 04/14

metro

www.metro.us
Monday, July 28, 2014

EDUCATION

10



The class of 2018 is filled with aspiring CEOs. / BANANASTOCK RF

College kids mean business

Selecting a major.

Most incoming college students are being practical when it comes to their areas of study.

The high school grads of 2014 are heading to college in a few weeks. And, according to a recent survey, they've already been thinking seriously about their upcoming majors.

Niche.com asked over 315,000 high school seniors earlier this year about the majors they were considering. It looks like there are a lot of aspiring CEOs among young millennials, as business ranked as the

The list

Check out the Top 10 most popular majors to see if your field is on the list:

- | | |
|------------------------|------------------------------------|
| • Business | • Engineering |
| • Pre-medicine studies | • Nursing |
| • Biology | • Business management |
| • Psychology | • Registered nursing |
| | • Physical therapy |
| | • Political science and government |

top major.

STEM subjects rounded out the Top 5, with a majority of participants saying they were looking to pursue pre-med, biology, psychology and engineering.

But the upcoming class of 2018 doesn't appear to

have much interest in the humanities: Political science and government was the only liberal arts major to crack the Top 10.



LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Ready to Complete Your Degree?



**Transfer credits you've already earned,*
and get your degree at Mildred Elley.**

Improve your prospects with our programs in:

- Business Management
- Medical Assisting
- Massage Therapy
- Paralegal Studies

CALL TODAY!
(866) 899-9471
mildred-elley.edu

MILDRED ELLEY
A career college in NYC
The Power to Change Your Life

GI Bill Approved Accredited Member, ACICS 25 Broadway, Floor 16, NYC

*Transfer credits must be approved by Mildred Elley • International Students Welcome • For program details and disclosures visit mildred-elley.edu/disclosures

LOW PROPERTY TAXES! EXPRESS COMMUTER BUSES (4 per hour) 90 mins to NYC!

Yes, you can own a brand new home for just **\$1,577 per mo.!***

IT'S THE SMART MOVE!

EVERY WEEK, MORE NEW YORKERS ARE DECIDING TO OWN, RATHER THAN RENT!

And just \$6,997 Down! Classic has the values! Call us now!

All Classic Mainline Homes include land, up to 4 bedrooms, 2½ baths, garage, living room, dining room, complete appliance package, Central Air and Heat, landscaping, and a host of features. including permitting, driveway and well -- all included in the purchase price!

THE COUNTRY HOME -- A Classic Mainline Home



Now \$199,900

2,684 SQ. FT. • LARGE OPEN FOYER

\$6,997 DOWN PAYMENT

\$1,577* per month pays all including principal, interest, taxes and insurance!*

THE CAMBRIDGE -- A Classic Mainline Home



now \$293,500

3,393 SQ. FT. • Your Palace in the Poconos!

\$14,675 DOWN PAYMENT

\$2,012 per month pays all including principal, interest, taxes and insurance!*

Choose from Classic's Complete Line of Brand New Homes in the Poconos!

Buy a home now -- Get up to \$5,000 toward Closing Costs!

ALSO AVAILABLE -- Previously Owned Homes from just \$80,000

Call toll free

1-800-276-4000

Visit our all-new website:

www.classicqualityhomes.com

Or text: cqh to 411669 to get text updates about our Home Buying Incentive programs

* Monthly payments based on FHA 30 yr. fixed interest rate of 4.5% with 5% APR with a finance cap of \$271,000. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available. Figures quoted above on Cambridge model based on conventional 30 year mtg.



*It's not too late to start
earning your degree.*

APPLY NOW!



**Fall degree classes
begin September 4.**

Over 50 programs of study
Day, evening & weekend classes

Financial aid & payment plans
available for eligible students.

QUESTIONS?

Call the Admissions Office:
718-368-4600

Kingsborough Community College

IN PERSON: Admissions Information Center (Room V-103)
INFO: www.kingsborough.edu • **PHONE:** 718-368-4600



@CUNYkcc



CUNYkcc



kingsboroughCUNY



Over 150 campuses across the country have at least one gender-neutral bathroom. / PHOTOS.COM

Bathrooms are getting inclusive

Unisex. More colleges are adding gender-neutral bathrooms on campus in response to student demand.

gulis, the president of the campus LGBT group Rainbow Alliance, told CBS Chicago. The new bathrooms are expected to be ready before the start of the fall semester.

Some students are hoping other colleges will follow Northwestern's lead. Student activists at California State University-Chico helped pass a student government resolution last year that recommended

that one single-stall bathroom in each campus building be declared gender-neutral. Oberlin College has applied a similar policy to its residential halls, designating one restroom in each dorm to be gender-neutral.

Over 150 campuses in the United States have gender-neutral restrooms, according to the Stonewall Center at the University of Massachusetts-Amherst. The Transgender Law and Policy Institute notes that transgender students can be subject to harassment and violence while using gender-specific facilities.

By the numbers

150+

Campuses in the United States that have gender-neutral restrooms, according to the Stonewall Center at UMass-Amherst



LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Northwestern University recently made headlines after announcing that it would be installing two gender-neutral bathrooms in the university's student center.

"These are two gender-open bathrooms where students of any gender can go in and use the restroom and feel safe, regardless of gender expression or gender identity," Michelle Mar-



FREE
1/2 Hour
Massage &
Consultation
(some restrictions apply)

*New York City's Premiere
Medi-Spa and Wellness Center*



manhattan total health

**SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC
ACUPUNCTURE • MASSAGE THERAPY**

Grand Central:
144 E. 44th St., 6th Fl.
New York, NY 10017
(212) 905-0090

Midtown:
22 E. 49th St., 5th Fl.
New York, NY 10017
(212) 832-9127

West Side:
57 W. 57th St., Ste. 1012
New York, NY 10019
(212) 906-0140

Wall Street:
39 Broadway, Ste. 610
New York, NY 10006
(212) 514-5868



www.manhattantotalhealth.com



A Career With A Great Future...It's Time.
Contact NYCI Today To Get Started!



Paralegal
Legal Assistant



Court Reporting
Closed Captioning



Medical
Office Admin/Billing & Coding
Health Info Technology

**APPLICATION FEE WAIVER
FOR OPEN HOUSE ATTENDEES**

NYCI
established 1941

**NEW YORK
CAREER
INSTITUTE**

The College of Legal & Medical Professions.

OPEN HOUSE
Wednesday, July 30th

Session 1: 11am | Session 2: 5:30pm

Call **212-962-0002** • **www.nyci.edu**

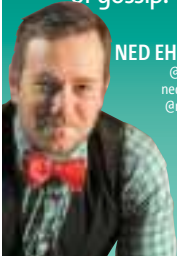
Day, Evening & Sat. Classes • Degree & Certificate Programs • Transfer Credits Accepted • VA Approved

11 PARK PLACE, NYC (Conveniently Located in Lower Manhattan)

For Disclosure Information, view Program Details @ nyci.edu

THE WORD

Ned Ehrbar takes on the world of gossip.



NED EHRBAR
@Nedrick
ned.ehrbar
@metro.la

Penn puts a ring on it (maybe)

Charlize Theron fueled speculation that her whirlwind romance with Sean Penn will soon become legitimate when she stepped out wearing a tell-tale ring on her ring finger. Theron flashed the sparkling piece of jewelry while passing through the LAX airport recently, and E! News has identified it as an 18-karat yellow gold Anita Ko Leaf Ring that retails for \$4,900 — so maybe it's not so much an engagement ring after all, since we'd like to think Penn would go for something a bit more lavish. Reps for both stars declined to comment.



Will these two be wed anytime soon? / ALL PHOTOS GETTY IMAGES

That director who slept with Kristen Stewart divorces

Two years after Rupert Sanders' affair with his "Snow White and the Huntsman" star, Kristen Stewart, the British director's marriage to model Liberty Ross is really, truly, officially over. The pair finalized their divorce in Los Angeles last week, citing irreconcilable differences, according to TMZ. Court documents show that Ross gets the couple's house in Los Angeles, two of their London homes, 15 percent of any profits from any of Sanders' movies, half of all their liquid assets, \$300,000 a year in spousal support and joint custody of their two children, Skylla, 10, and Tennyson, 8.



Stewart and Sanders in 2012

Talking point

Luke Skywalker says Han Solo is getting better

Don't worry, Han Solo is going to be just fine. Mark Hamill gave BBC News an update on Harrison Ford's condition since breaking his leg last month on the set of "Star Wars: Episode VII" — an injury that seemed severe enough to cause delays in filming. "I was not on set [when it happened]. It was really terrible, but I hear he's doing really well," Hamill says. "It will take more than that to stop Harrison Ford."



Gwyneth and Chris Martin: Still consciously uncoupled



Chris Martin is really terrible at this whole "splitting up with your wife" thing. The non-threatening Coldplay frontman finally caved during a recent radio interview and

talked about his separation from Goop guru Gwyneth Paltrow, and he couldn't stop himself from being really, really nice about the whole thing. "The truth is — well, I don't really love talking about this stuff," Martin said. "But the thing we told everyone at the beginning of the year is true. We are very close. We are not together. But we're, you know, that's the truth and that's it. You know, there's a lot of love. No scandal. I'm afraid. I wish I could give you scandal." Me too, Chris. Me too.

2 CULTURE

Twitter feed

Today, Lady Gaga is in need, Marlon Wayans is keeping it positive, Mindy Kaling is paying attention and RuPaul wants you to mind your manners.

@ladygaga: All I want is vintage designer and frenchies. Is there a place I can go for help? A hospital perhaps?

@MarlonWayans: I don't regret... I just rejoice

@mindykaling: I should be a detective, I always find out about everything

@RuPaul: Quick Reminder: Clean up after yourself



For Special Offers Use Code: NYMETRO

THIS SUMMER, THE STREETS ARE THE STAGE!

THE RIDE

AN EXTRAVAGANZA SPECTACLE THAT THRILLS.

- The Village Voice



ORDER TICKETS NOW AT EXPERIENCETheRIDE.com OR 1.866.811.4111

Knee Arthritis Pain?

End Your Knee Pain Without Painful, Risky Surgery!

"Your #1 Choice for Non-Surgical Osteo-Arthritis Knee Pain Relief."

Why You Should Choose Us Today

- ✓ Precision is the difference. Experience it!
- ✓ No blind injections. We always hit the mark.
- ✓ X-ray guided procedure ensures accuracy.

As Seen on **NV 1** **1010 WINS**

Free Phone Consultation

To see a video of this incredible procedure visit: **www.KneesofNY.com**

General 1 Medical P.C.

Most PPO insurances will cover this treatment*. We work with:


GHI **NYSHIP** **Empire** **Medicare Part B** **healthfirst**

*Coinsurance and deductible apply.

Most Insurances Accepted, Worker's Comp Accepted, No Fault/Car Accident Cases Accepted

1-800-77-Knees (56337) 130 William Street, Suite 903
Bklyn, Fulton & John St. - NYC 10038
Accessible by:

Call today to schedule your consultation!



Swedish Institute
College of Health Sciences

FIND OUT WHY SWEDISH INSTITUTE IS RIGHT FOR YOU!

OPEN HOUSE

THURSDAY, JULY 31ST • 10AM - 7PM



We offer programs in:
Personal Training • Clinical and Administrative Medical Assistant
Massage Therapy • Surgical Technologist
Medical Billing and Coding • Nursing

Spend time with Admissions to learn more about your program of interest.

Don't miss this great event!
Please inquire about our Day and Evening Schedules!

Please visit our Admissions Office at:
151 West 26th Street
1-888-530-9582
www.swedishinstitute.edu

Swedish Institute's programs are registered with and regulated by the New York State Education Department. Accredited by ACCSC. For important information on program costs, completion and placement rates, median debt incurred, etc., please visit goo.gl/hacsRh.

Big things at

Nerds. This year's convention boasted Wonder Woman and "Game of Thrones" news, but few shocks.

First look at Wonder Woman

While it wasn't really a surprise, it was nice of Zack Snyder to unveil the first image of Gal Gadot as Wonder Woman in the upcoming "Batman v. Superman: Dawn of Justice." And of course that immediately led to hours of debate online about whether the costume was the best thing ever or the worst thing ever.



Comic-Con is a place where "Game of Thrones" fans can dress up and feel right at home.

The big surprise? No surprises.

This was apparently the year of studios keeping things to themselves. No big casting revelations like Doctor Strange or Captain Marvel, no new comic book movie release dates announced. Marvel, DC and their respective studios showed the fans a good time, sure, but not necessarily their money's worth.



Visit **Metro.us** for a Q&A with Wired publisher Howard Mittmann.

Bring on 'Last of Us'

OK, here's some big news: One of the most ambitious and most successful video games in recent years, the dystopian "Last of Us," is making the jump to the big screen thanks to director Sam Raimi. The game has sold more than 7 million copies.

TV takes over

This Comic-Con was pretty lackluster as far as film was concerned compared to previous years, but the current Golden Age of Television — and legions of fans — made up for it, with packed houses for the likes of "Game of Thrones," "The Walking Dead" and "Hannibal."

ESSENTIAL
Day Spa & Cosmetics Inc.
www.essential-skin.com

Specializing in Problem Skin
Licensed Professionals
First Time Clients Only

Free consultations

Treat yourself to the gift of beautiful skin; We offer results, not promises!

"Body Massage + Facial \$99 • Eyebrow / Eyeliner Tinting \$25 • Ear Candelung \$50"

Diamond Microdermabrasion Only \$50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinal Wrinkle Treatment Reg \$160 \$125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

Acne Treatment w/Glycolic Acid Peel Only \$45
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

Back/Chest Deep Pore Cleansing \$75/\$35

Deep Cleansing Facial Reg \$75 \$40
Deep cleans and refreshes all skin types.

Brightening Peel Reg \$125 \$75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.

Body Slimming Wrap or Salt Glow Special \$50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

Back/Chest Glycolic Peel Only \$55/\$30

247 E. 50th St. 2 FI NYC • Trains: to Lexington Ave., 51st-53rd Street
 and to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693

Comic-Con



home. / GETTY IMAGES

New faces in Westeros

George R.R. Martin introduced some exciting new faces to the "Game of Thrones" world that he can shockingly kill off once viewers have gotten attached to them. The newcomers include Jonathan Pryce, Keisha Castle-Hughes and Alexander Siddig. Don't get too comfortable, guys.



Comic-Con virgins

This year's Comic-Con saw several big names making their debut visits to the massive event, including Sir Ben Kingsley, Daniel Radcliffe, Matthew McConaughey (left) and — surprisingly — Christopher Nolan, who managed to avoid the convention during all of his "Dark Knight" trilogy work. "I thought I'd come and see what all the fuss was about," the director said during his "Interstellar" panel.



NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu



A 'Walking Dead' barbecue in bad taste

Inviting fans to a barbecue on a replica set from your hit series is a great idea — except when, much like the new season of "the Walking Dead," the setting is rumored to be run by cannibals.

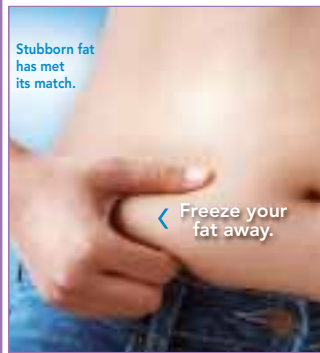


Henry Cavill as a Jedi

"Batman V. Superman: Dawn of Justice" director Zack Snyder posted a photo to Twitter early in the Con of "Man of Steel" star Henry Cavill in his Superman costume — but with an added Jedi robe and lightsaber. Now that is a movie we would line up to see.

Cosplay is contagious

"Harry Potter" star Daniel Radcliffe finally made an appearance at Comic-Con, promoting his Halloween release, "Horns." He didn't disappoint during his maiden visit, even visiting the crowded Convention Center floor in a Spider-Man costume.



Transform yourself without diet, exercise or surgery.

CoolSculpting® is the revolutionary body contouring treatment that freezes and naturally eliminates fat from your body.

There are no needles, no special diets, no exercise programs and best of all — no downtime. FDA-cleared, safe and clinically proven.



BEFORE

12 WEEKS AFTER
FIRST TREATMENT4 WEEKS AFTER
SECOND TREATMENT
Procedure by Ivan Rosales-Berber, MD

FREE CONSULTATION

113 East 39th Street
New York, NY 10016
866-634-4777



www.LexingtonPlasticSurgeons.com



TIRED OF MASKING THE PROBLEM?

If you're one of the thousands who've been prescribed a CPAP mask to stop snoring and treat your sleep apnea, you already know that going untreated is not an option. Ignoring your condition can lead to serious health issues.

eOs sleep's Board Certified physicians offer many different treatment options, some can take as little as 20 minutes.

eOs sleep®

For the treatment of snoring and sleep apnea

eOssleep.com

Most Insurance Plans Accepted

20 East 66th Street, New York • 262 Central Park West, New York
589 Broadway, New York • 833 Northern Blvd, Great Neck
To schedule an appointment: 1-800-eos-sleep (1-800-367-7533)

P010-1
Vers. 1, 20 Mar 2014

DOES IT FEEL LIKE YOU JUST CAN'T

FOCUS ?

- ☐ Do you get distracted easily?
- ☐ Have difficulty paying attention?
- ☐ Feel overly forgetful or disorganized?
- ☐ Have you ever been diagnosed with ADHD?

If your answer is yes to any of these questions, you may be suffering from ADHD, or Attention Deficit Hyperactivity Disorder. If you are at least 18 years of age, and feel that these problems interfere with your ability to achieve your goals or to enjoy life fully, you may be eligible for our research study. If you qualify, you will receive study-related evaluations with our Board Certified Physician and study medication, at no cost to you. Please call for more information.

(212) 595-5012

The Medical Research Network, L.L.C.

134 East 93rd Street, New York NY 10128 • www.MedicalResearchNetwork.com



Not people

Soylent

Soylent is a food product (classified as a food, not a supplement, by the FDA) designed to be a staple meal for adults. Each serving provides necessary nutrition with minimum effort. It requires no heating or other cooking and has an extended shelf life.

All you should eat: What future food might look like

Food. Scientists are exploring ways of breaking down basic nutrients and serving them up as viable food sources.

For years, we've enjoyed endless helpings at all-you-can-eat restaurants. But that way of eating could be a thing of the past, as scientists develop foods of the future based on our specific nutritional needs, or an all-you-should-eat concept.

The world's largest food company, Nestle, is developing an "instant nutrient

machine" that would dispense the basic vitamins and minerals a person needs for their diet. "These products might be liquids, powders or pills, delivered using a machine at home," Nestle spokeswoman Hilary Green told Metro. However, the food group has said an affordable "Nepresso of Nutrients" could take years to develop.

Eating only for the sake of nutrients is the philosophy of Rob Rhinehart, a 25-year-old Silicon Valley engineer who invented Soylent, a meal-replacement concoction that he claims contains all the nutritional requirements the body needs. "I hypothe-

Facts

Global food problems

- **Hunger.** More than 842 million people worldwide suffer from hunger and malnutrition, according to recent data from the United Nations.
- **Food waste.** The amount of food wasted every year is staggering: about one third of the food produced worldwide for human consumption, or 1.3 billion tons.
- **Contamination.** Food production is the source of between 13 and 30 percent of the greenhouse gas emissions, which are contributing to climate change.
- **Animal abuse.** Many animal rights organizations protest the conditions in which animals are raised, such as factory farms where they spend their lives packed closely together.

sized that the body doesn't need food itself, merely the chemicals and elements it contains," Rhinehart wrote on his personal blog.

With a release date set for later this year, the wait is shorter for the Foodini, a 3-D food printer that uses capsules of ingredients to print layers of food items such as pasta, burgers and chocolate. It is also connected to the Internet, explained Lynette Kucsmas, co-founder of Foodini manufacturer Natural Machines.

The device is similar to a \$125,000 printer that NASA is using to replicate pizzas for astronauts. Natural Machines' sci-fi food-maker will be a fraction of the cost at \$1,300.

Innovative ways of protecting the planet are central to the future food movement. Biologists

Cor van der Weele and Johannes Tramper from the Netherlands' Wageningen University are using animal stem cells to grow "eco-friendly" meat in the lab, as an alternative to raising cattle. "Cultured meat has the potential to improve



The idea behind 3-D printed food is to make

the global food situation, for example because it requires only a small fraction of the land needed for meat production," the scientists told us.

But for now, in vitro meat remains prohibitively expensive. Last year, scientists in London unveiled the world's first lab-grown burger, a 5-ounce patty costing about \$425,000.



DANIEL CASILLAS
@metronewyork
letters@metro.us



SUMMER SPECIAL



\$395*
+ post \$545
+ Crown \$695
Implant

(Nobel Biocare ONLY \$100 add'l!)

*Implant, post & crown must be completed at our office to qualify for promotional fees

Total complete
tooth replacement
\$1635

OFFER
EXPIRES
July 31,
2014

Contemporary Dental Implant Centre



mention you saw us in Metro

8 Convenient Locations

Speak with your
Smile Today!

41st & Mad Ave.
Brooklyn, Rego Park
Scarsdale, Smithtown
Valley Stream
Massapequa Park
Stratford Ct

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

FREE CONSULTATION

Over 2,000 implants placed each year.

Now Open in Stratford Connecticut

REPLACE MISSING TEETH PERMANENTLY

Must bring in ad at
the time of consultation.



CALL

212-269-9500

TODAY!

Se Habla Español

WWW.CDIimplants.com

OPEN 7 DAYS A WEEK

Are you looking for high quality and low cost dental implants?

Dental Implants NYC

564 W 160th St
New York NY 10032

2685 Grand Concourse, Apt 1F
Bronx NY 10468

750 McLean Ave.,
Yonkers, N.Y. 10704

425 Madison Avenue Suite 1800
New York, NY 10017



We have the same quality at less than 1/2 the price!

Phone 212-740-5445

www.dental-implantsnyc.com

Call now for **FREE** consultation

\$999

for Implant,
Abutment and Crown
Regular Price \$3,295



ke only what your need, without the waste. / CONTRIBUTED

Food science

Nestle nutrient machine

The Nestle Institute of Health Sciences is working to identify people's specific micronutrient needs. This research will help provide the scientific basis for more targeted nutrition.



Cultured meat

Cultured meat, produced in an animal-cell cultivation process, is a technically feasible alternative. Theoretically speaking, it has the potential to greatly improve the global food crisis as it requires only a small fraction of the land.

Foodini (3-D food printer)

The Foodini has a touchscreen interface through which the user chooses the recipe to print. The machine will then instruct the user what food to load into each capsule, and then printing can begin.



This week in health



Summer means concerts and picnics Central Park. Trees have the largest impact on health in urban areas. / GETTY IMAGES

Trees save lives, pollution study finds

All those trees taking up precious sidewalk real estate are earning their keep.

In the first nationwide study of trees' impact on air pollution, the U.S. Forest Service found that trees save more than 850 lives annually and prevent 670,000 serious respiratory complications.

Though trees only contributed to an average air quality improvement of less than 1 percent, trees contribute to an estimated savings of \$6.8 billion annually in health spending, according to the study.

Pollution has been linked to problems with lung, heart and blood vessel function, as well as neurological issues.

If you join the Arbor Day Foundation (\$10 for six months, \$15 for one year) this month, the group will plant 10 trees in a high-need forest to repair damage from wildfires, insects and disease. For more information, visit www.arborday.org/july.

EVA KIS

Drinking more alcohol? Caffeine could be to blame

At some point, we've all had one drink too many. But if you like your cocktails with a caffeine kick, you could be unintentionally drinking more.

A new study out of Australian National University found that while alcohol is a depressant, adding sweetened caffeinated energy drinks "tends to bring out the stimulant effects" of being drunk. "It may be this that causes energy drinks to increase the desire to keep drinking alcohol," says co-author Rebecca McKetin.

The study involved 75 people ages 18 and 30, who were assigned to drink either vodka mixed with soda water or vodka mixed with an energy drink. Those who got the energy drink-spiked cocktails reported a greater urge to keep drinking, and liked their drinks more. The researchers couldn't confirm whether the sweetness or caffeine in the energy drink was responsible.

REUTERS

Is your eating out of control?

A major New York City medical center is looking for women who want help with binge eating and vomiting to participate in a research study on eating patterns, weight, and metabolism.

After you complete the 3-week study, you will be offered treatment for FREE.

To find out if you are eligible, and for more information, call:

646-774-8066

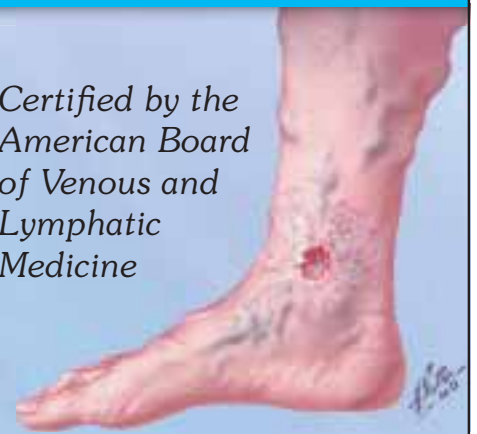
and check out our website:

www.columbiaeatingdisorders.org

Do You Suffer from Varicose Veins?

212.204.6501

Certified by the American Board of Venous and Lymphatic Medicine



ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN

Get rid of...

- Venous Ulcers
- Spider Veins
- Leg Swelling, Fatigue and Pain

Covered by most health insurances including Medicare

Return to Your Normal Activities Within a Day!



Hablamos español • Говорим по-русски

www.TreatmentsOfManhattan.com
drlev@treatmentsofmanhattan.com

Downtown Manhattan

111 John St., Ste 1450, New York, NY 10038
(bet Pearl & Cliff St.)

Fulton St. Station: 2, 3, 4, 5, A, C, J, Z

\$1 ZOOM! Laser Teeth Whitening

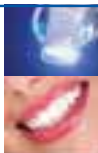
(w/Check-up and Cleaning*)

*covered by your PPO Dental Plan

Up to 12 Shades Whiter in just 1 hour

Call (212) 537-6923 - Open Weekends and Evenings

30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 7/31/14)



FT/PT DRIVERS WANTED

For Bronx Based Access-A-Ride Company

- Must be at Least 21 Years Old
- Clean NYS CDL Drivers License
- Type C with Passenger Endorsement Required
- Knowledge of Five Boroughs a Plus



We Offer: Paid training after course completion and start in revenue service, Paid Sick and Personal Days, Paid Holidays, Two Weeks Paid Vacation After One Year, Medical Benefits, Competitive Salary, Safe Driving and Attendance Incentives.

Applicants Must Apply in Person at:
2383 Blackrock Ave., Bronx, NY 10462
Contact: Roger Izzi at **718-828-2472** ext 201
or rizzi@cbrtrans.com 9:00 am - 2:00 pm

metro

www.metro.us
Monday, July 28, 2014

JOBS 18

Moving on up.
Author Mary Traina says millennials need to look at the big picture when it comes to work.

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book "The 20-Something Guide to Getting it Together."

But, she adds, "I think a lot of early 20-somethings hit a rut [when it comes to figuring out their career paths] and I think part of it is not knowing what you want."

Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

Feeling stuck? Get out of the entry-level rut



Volunteer to do tasks for the higher-ups to get noticed and get to know your company's bigwigs. "It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key. / INGRAM PUBLISHING

A Caring Opportunity... with a caring company.

HHAs, PCAs

**BILINGUAL
WEEKEND SHIFTS
FULL & PART TIME
BRONX,
MANHATTAN,
BROOKLYN and
STATEN ISLAND**

All shifts & days available!

Call All Metro Health Care @ 212-867-6530
x 209 Irina or x 218 Jessica or x 200 Johanna



**All Metro
HEALTH CARE**

EOE

THE SECRET INGREDIENT IS YOU



FIND YOUR FUTURE IN CULINARY ARTS AT ICE

2013 Winner • IACP Cooking School of the Year

AWARD-WINNING DIPLOMA PROGRAMS

- Culinary Arts
- Pastry & Baking Arts
- Culinary Management
- Hospitality Management
- 6-12 Month Programs
- Externships, Networking & Job Placement Assistance
- Full & Part-Time Schedules



**Institute of
Culinary Education**
EST. 1975

Find your culinary voice™
ice.edu/icemetrol 888-693-CHEF
50 West 23rd St • NYC

1 No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days. "I was working really hard," she recalls, "and I thought someone would basically say 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

2 You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wasting their time. "Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

3 Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not. Some detective work may be required. Traina advises talking to friends and acquaintances about their jobs and taking classes and workshops as ways to discover the answer.

4 Don't wallow in misery

It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the

more you want to complain," believes Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.

5 Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers. Most entry-level jobs are primarily administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Come join the "LI Best Home Care Team"
HIGHEST PAY IN NASSAU COUNTY

• HHAs • PCAs
IMMEDIATE WORK
Personal-Touch
...the people with a heart!

Call (516) 227-3400
60 Hempstead Ave., Suite 215,
W. Hempstead, NY 11552 EOE



LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Horoscope

♌ Leo | July 23-Aug. 22.
A marshaling of the facts will help you avoid a situation. You'll end up sacrificing a friendship if you make false accusations.

♍ Virgo | Aug. 23-Sept. 22.
Don't let the little things get you down. Do something that will ease your stress and help you rejuvenate.

♎ Libra | Sept. 23-Oct. 22.
Take a position of leadership in order to invite interesting opportunities. You can handle whatever comes your way, even if you have to work at it.

♏ Scorpio | Oct. 23-Nov. 21.
If you come on too strong, you will push away someone. Listen to what others have to say before you make a move.

♐ Sagittarius | Nov. 22-Dec. 21.
Your curiosity is likely to spur a day of exploration. A day trip will provide you with interesting information about future possibilities.

♑ Capricorn | Dec. 22-Jan. 20.
Circumstances surrounding a domestic situation or older relative may be difficult. Help out however you can.

♒ Aquarius | Jan. 21-Feb. 18.
Your plans will face opposition. Go with the flow. Taking things as they come will prove to be the best way of dealing with it.

♓ Pisces | Feb. 19-March 20.
Today, you will feel as if you're being treated unjustly, but if you proceed responsibly, you will overcome any pitfall.

♈ Aries | March 21-April 20.
You may have trouble deciding in which direction to go today. Pare down your to-do list. Being selective will bring you that much closer to your goals.

♉ Taurus | April 21-May 21.
Your emotional well-being will be fragile. Don't lash out. Revealing your true feelings will give your opponents the upper hand.

♊ Gemini | May 22-June 20.
Discussions with relatives will uncover some interesting insight into your background and personality.

♋ Cancer | June 21-July 22.
Don't give in to someone else's demands. Protect your position. Offer suggestions, but don't take on responsibilities that don't involve you.

BERNICE BEDE OSOL

Letters

Immigrate as in times past

Much has been said about the crisis on our southern border. So many like to quote the poem on the base of the Statue of Liberty by Emma Lazarus: "Give me your tired, your poor, your huddled masses yearning to breathe free."

Stop it, please. Let's keep things in perspective. Nowhere does this poem suggest that the "huddled masses" should sneak across borders in violation of our immigration laws. Nowhere does it say free care will be given to those who break our laws. Nowhere does it imply that those who cheat in this entry will get a step up on those who follow the rules. Rather, the understanding was, at the

time, that anyone, from any country regardless of his or her station, would be accepted through Ellis Island and given an equal chance to prosper. Just in the same manner as most of our ancestors entered orderly in the 19th and 20th centuries. The poem never meant "just storm the gates, we will provide for you." It called for the huddled masses who were "yearning to breathe," willing to struggle and succeed, not looking for a handout or a free ride. There is a system to enter this country legally. Granted, it may be slow and inefficient. Let's improve it.

E. CAMPBELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | | | | 3 | | | |
| | | 6 | 5 | 2 | | | | |
| 3 | 8 | | 7 | | | | 1 | |
| 2 | | | 3 | | | 1 | | 4 |
| | 3 | | 4 | | 5 | | 6 | |
| 5 | | 1 | | | 9 | | | 7 |
| | 9 | | | | 1 | | 7 | 3 |
| | | | 4 | 2 | 5 | | | |
| | | 6 | | | | | | 9 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 9 | | | | | | | 6 |
| | 3 | | | 4 | | 9 | 5 | |
| 2 | | 6 | | | 9 | | | |
| 1 | 5 | | 2 | | | | | |
| | 2 | | 4 | | 3 | | 7 | |
| | | | | 5 | | 2 | 1 | |
| | | | 8 | | 1 | | 3 | |
| | 1 | 4 | | 3 | | 8 | | |
| 3 | | | | | | 9 | 5 | |

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

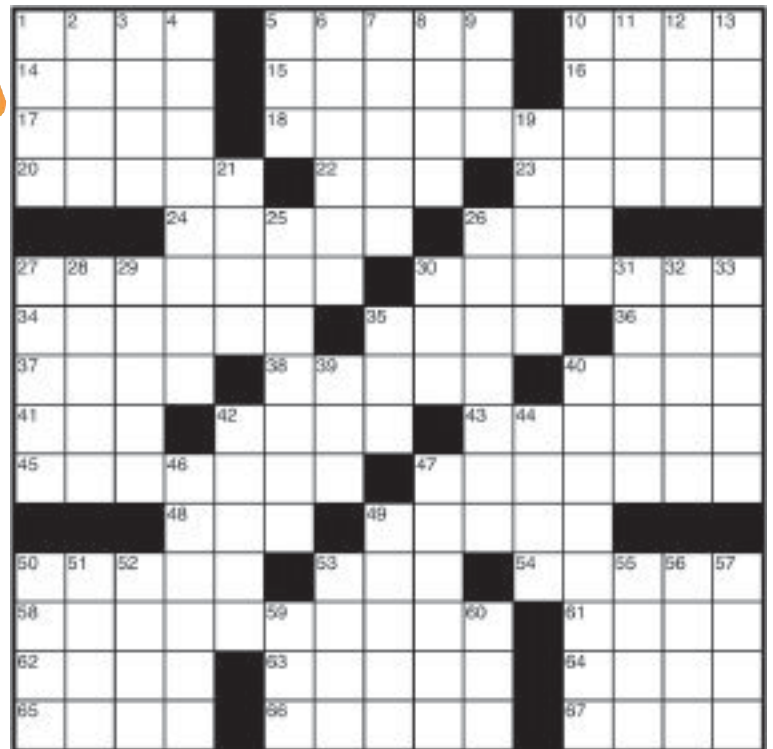
- 1 Fuzzy fruit
- 5 Flagpole
- 10 Easygoing
- 14 Bond's alma mater
- 15 Jots
- 16 Like the Mojave
- 17 Bookish type
- 18 Deep-fried treats
- 20 Cornered
- 22 Hosp. workers
- 23 Happen next
- 24 Undeliverable mail
- 26 Bikini top
- 27 Eclair filling
- 30 Dropped a mot
- 34 Parthenon goddess
- 35 Artifice
- 36 Miscalculate
- 37 Contended
- 38 Matterhorn echo
- 40 Big name in Western novels
- 41 Architect's wing
- 42 Gentlemen
- 43 Isis' beloved
- 45 Talking up
- 47 Tries a bite of
- 48 It may be hard-boiled
- 49 Disgusted (2 wds.)
- 50 Pallid
- 53 Danson or Turner
- 54 Economy-size

Down

- 58 Pipe clay
- 61 Director — Kazan
- 62 Cleveland's waters
- 63 About that time
- 64 Weeps
- 65 Ancient ointment
- 66 Map within a map
- 67 Elephant tooth
- 1 Lois Lane's coworker
- 2 Roman highway
- 3 Became frayed
- 4 Started a paragraph
- 5 Incite Rover
- 6 Like a paperback romance
- 7 Repair a wrong
- 8 Online info
- 9 Tallahassee coll.
- 10 Brief sleep
- 11 Poetry and painting
- 12 Stead
- 13 Dept. store inventory
- 19 Chilling
- 21 Zoologist — Fossey
- 25 Radiology job (hyph.)
- 26 Gaggles of sightseers
- 27 Grottos
- 28 Good for something
- 29 Turtle's refuge
- 30 Vt. neighbor
- 31 Round gem

Weekend's answer

- 32 Bert's pal
- 33 Sheath
- 35 Rural rtes.
- 39 Assn.
- 40 Peppiest
- 42 Posters
- 44 Overconfident
- 46 Eyed wolfishly
- 47 Entice
- 49 Dreads
- 50 Hymn finale
- 51 Immunity shots
- 52 Whodunit suspect
- 53 Like a wafer
- 55 Matty of the diamond
- 56 Robin beaks
- 57 Chore
- 59 201, to Cato
- 60 Tumbler's pad



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York 120 Broadway, New York, NY 10271 • main 212-457-7790 • to advertise 212-457-7735 • sales fax: 212-952-1505 • National and Executive Sales Director Ed Abrams • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maunoir • email sales advertising@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Editor in Chief Aleksander Korab, aleksander.korab@metro.us • Managing Editor/ Sports Editor Mark Osborne, mark.osborne@metro.us • National News Editor Jill Gadsby, jill.gadsby@metro.us • City Editor Allen Houston, allen.houston@metro.us • Features Editor, Music Editor Pat Healy, pat.healy@metro.us • Deputy Features Editor, Home/Style/Food Editor Tina Chadha, tina.chadha@metro.us • TV Editor Lisa Weidenfeld, lisa.weidenfeld@metro.us • Film/Tech Editor Matt Prigge, matt.prigge@metro.us • Wellbeing/Going Out/Travel Editor Eva Kis, eva.kis@metro.us • Careers/Education/Dating Editor Lakshmi Ghandi, lakshmi.gandhi@metro.us • Copy Chief Tracie Michelle Murphy, tmichelle.murphy@metro.us

3

SPORTS

Throwback

James to go back to No. 23

LeBron James is doing his old fans, if not the NBA, a favor. He will go back to his old No. 23 in Cleveland instead of the No. 6 he wore in Miami, meaning those who didn't burn his jersey on departure can dig their old jersey out.

Cashman breaks down art of the deal

MLB. The Yankee general manager is getting busier as the deadline nears.

While a major league general manager isn't healing patients or finding apartments, the job has its practitioners on-call at every hour.

The action frequently accelerates as the non-waiver trade deadline approaches, as it will on Thursday. Their time is devoted to the phone with multiple phone calls or text messages at

all hours about potential trades.

"A lot of conversations, a lot of ideas," Yankees general manager said Brian Cashman in describing the process. "It seems like the new technique is texting. Some of it's not as much by phone as it used to be, but you just throw out a lot of ideas. First, you find out what teams are looking to do, how they're trying to accomplish it, and then you try to see if you match up in any shape or form. It's not easy.

"Man, probably five, six or seven years ago that texting started. I



Cashman, talking with offseason acquisition Carlos Beltran, said deals are getting harder to make. "The competitive balance is really much stronger than it's ever been." / GETTY IMAGES

Three's a crowd

Cashman has made a trade within 10 days of the deadline in three straight years, including 2014.

1 Ichiro Suzuki, July 23, 2012 — Suzuki looked done when the Yanks added him for two minor leaguers. But he hit .322 the rest of 2012 and was re-signed.

2 Alfonso Soriano, July 26, 2013 — Like Ichiro, it worked better the first year. He hit 17 homers in 58 games in 2013 for New York.

3 Chase Headley, July 22 — It hasn't even been a week and this deal looks like a steal. He's batting .348 through six games.

think it's easier to insult somebody via text than it is to be on the phone."

So far Cashman has swung five in-season trades and is looking for more help.

"You have to stay engaged, and you have to be willing to throw out the ideas," Cashman said.

LARRY FLEISHER
@LarryFleisher
sports@metro.us

THE FUTURE OF FOOT SURGERY

FREE
consultation
with ad

Call Us: 1-877-BUNION-1



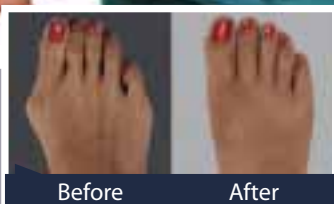
Downtown Podiatry
Services

DOWNTOWN
111 John Street, Suite 1450
New York 10038

MIDTOWN
315 Madison Ave, Suite 513
New York 10017

NEW LOCATION
159-05 92nd St, Howard Beach, NY
718-845-0741

DowntownPodiatry.com



Before

After

Specializing in Surgery and
Aesthetics of the Foot

Cutting Edge Means Less Cutting

Minimally Invasive
Bunion & Hammertoe Surgery

MOST INSURANCE PLANS ACCEPTED

MLB. Yankees looking at trade for Twins' Willingham: Report

The Yankees are doing some window shopping in Minnesota before the trade deadline.

CBS Sports' Jon Heyman reported Sunday the Yankees are interested in Twins outfielder Josh Willingham.

Willingham, 35, is due the pro-rated remainder of \$7 million in 2014 and is a free agent after the season.

The outfielder is batting just .215, but has a .357 on-base percentage and 10 home runs in 181 at-bats. He's been worse lately, batting .159 in July with 25 strikeouts in 75 plate appearances and just four extra-base hits. He missed most of April and May with a fractured left wrist.

One of Willingham's home runs came against David Robertson and the Yankees in the ninth inning

on June 1 during an epic blown save in which Robertson allowed five runs.

It's unclear where Willingham would play defensively. Carlos Beltran has been unable to play much in the field, so Willingham could slot into right field over Ichiro Suzuki, despite mostly being a left-fielder during his career. **METRO**



WILLINGHAM HIT 35 HOMERS
TWO YEARS AGO FOR MINNESOTA.
GETTY IMAGES

Jays 5, Yankees 4

Navarro gives Toronto win over Yankees

It took 18 games for the Blue Jays to win a game at Yankee Stadium, but just one more to make it two.

Former Yankee prospect Dioner Navarro drove in Jose Bautista on a single off David Robertson in the ninth inning to give Toronto a 5-4 win Sunday.

Carlos Beltran had tied it up with an RBI hit in the eighth. **METRO**

Mets 2, Brewers 0

DeGrom shuts down Brewers

Jacob deGrom's impressive rookie season continued in Milwaukee with a 2-0 Mets win on Sunday.

The righty lowered his season ERA to 2.79 with 6 1/3 shutout innings. Lucas Duda hit his 18th homer to drive in both runs. **METRO**

Joe Torre: I'm in Hall because of Yankees

MLB. The four-time World Series manager was inducted into baseball immortality Sunday.

Joe Torre spent 18 years putting together a near Hall of Fame career as a player. But it was the 12 years he spent as manager of the Yankees which led to him taking his spot in Cooperstown on Sunday afternoon.

"I might as well cut to the chase — I'm here because of the New York Yankees," Torre said during a 28-minute Hall of Fame speech that closed out a day also inducting players Greg Maddux, Tom Glavine and Frank Thomas, as well as fellow managers Tony La Russa and Bobby Cox.

Torre was 2,326-1,997 as a manager, but never better than from 1996 to 2007 in the Bronx. He won four World Series, six American League pen-



Torre received his own plaque, inset, in Cooperstown on Sunday. / GETTY IMAGES

Quoted

"Baseball is a game of life. It's not perfect, but it feels like it is. That's the magic of it. Our sport is part of the American soul, and it's ours to borrow, just for a while." Torre

nants, two AL Manager of the Year awards and had a .605 winning percentage for the Yankees.

Torre thanked all of the particulars from his amazing run in New York: long-time bench coach Don Zim-

mer and pitching coach Mel Stottlemyre, coaches Willie Randolph and Lee Mazzilli and former players like Mariano Rivera, who he joked turned him from a Frank Sinatra fan to a Metallica fan.

"I've always been a Sinatra fan, but after 12 years with Mariano Rivera, Metallica sounds pretty good to me," Torre said.

Torre acknowledged how close he came to making the Hall as a player. He batted .297 with 252 career homers and made nine All-Star Games mostly as a catcher.

"A lot of the guys back there kept me out of the Hall of Fame as a player," Torre joked, pointing to the fellow Hall of Famers onstage. "Try hitting against those guys."

Torre, who played for and later managed the Mets, also joked about his part in one of the most infamous trades in New York history, dealing Hall of Famer Tom Seaver.

"Once I became manager on May 31, 1977, my first bit of duty was to trade Tom Seaver two weeks later, which wasn't a whole lot of fun," Torre said. "And the last time he pitched for me, he pitched in Houston, and when I went to take him out of the game, he patted me on the rear."



MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

Torre by the numbers

7

Torre had a wins above replacement over 4.0 seven times in his playing career. Derek Jeter, by comparison, has done it eight times.

1971

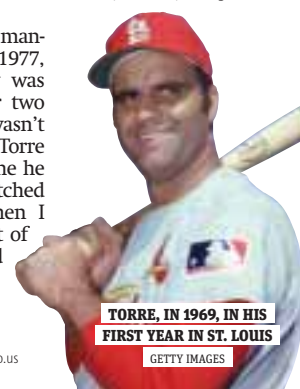
When Torre won the MVP in 1971, he led the league in hits, total bases, batting average, runs created, offensive WAR, RBIs and win probability added.

5-0-1

The AL never lost a game (five wins, one tie) with Joe Torre as manager of the All-Star Game.

14

Torre finished in the Top 5 in Manager of the Year voting 14 times (two wins) during his career.



TORRE, IN 1969, IN HIS FIRST YEAR IN ST. LOUIS

GETTY IMAGES

metro CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

MEDICAL RESEARCH

To advertise call Andrea Paz at 212-457-7831 or email andrea.paz@metro.us

Dr. Weight Loss

Fat burning infrared machine
Body tightening ultrasound
Cellulite Massage MD Acupuncture Physical Therapy

3107 Avenue B New York, NY 10017
212-470-0360
www.drweightloss.com

✓ Search Clinical Trials
✓ Check Medical News
✓ Help Find a Cure

Check out our NEW website:

ZipTrials.us
Powered by metro

Are you at risk for Type 2 Diabetes?

You may be at risk if you are overweight, you have a parent or sibling with diabetes or you had diabetes during pregnancy.

You may qualify for a research study on vitamin D and prevention of diabetes

Participants will receive diabetes testing, information on diabetes prevention, and a stipend for participating.

Please contact us at:

212-420-3569 or 212-420-3482

kmantha@chnpnet.org

or go to www.d2dstudy.org to learn more about the study and type 2 diabetes

Do you have bipolar I disorder?



Take the first step.
See if you qualify.
Call today for more information:

Currently on treatment for bipolar I disorder? If you are being treated for bipolar I disorder and symptoms are stable or you feel depressed, you may qualify to take part in a clinical research study.

If enrolled, you will receive:

- Investigational medicine
- Study-related care from a local doctor
- Compensation may be available for you time and travel

To qualify, you must:

- Be 18-75 years old
- Take medication for Bipolar I disorder



718.351.8100
info@bmrsl.com | www.bmrsl.com

Does your child seem hyperactive? Or have a hard time focusing?

If so, your child may be eligible to participate in a research study aimed at learning more about ADHD. Participation includes interviews, magnetic resonance imaging (MRI), and treatment using an FDA approved medication for ADHD. You will NOT be charged for any part of the study. Your family may be compensated up to \$850 for your time.

If you are interested and would like to learn more about our study, please call **646-774-5703**.

LEGAL SERVICES

To advertise call Thomas Franke at 212-457-7751 or email thomas.franke@metro.us

DIVORCE \$179
1-800-414-0333
TheDivorceCenter.com
Spouse's Signature Not Needed
Don't Be Fooled By Imposters
Plus Court Fee - Without Children - With This Ad
EXPIRES 7/31/2014

Wake Up To a Debt Free Day
Imagine waking up a few mornings from now without debt
Awake to a day without bills, collection letters, or creditor calls
File BANKRUPTCY for a debt free life
Jay Simon • 718.222.4619
32 Court Street, Suite 805, Brooklyn
Dedicated Chapter 7 Specialist • Same Low Fee for All
Pay in Installments • Personal, Caring, Attention • Free Consultation
Where Clients Come First

FIRED?
212-286-1425
OWED OVERTIME?
LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

Slip and Fall Injury ?

Call Now: 212-571-9200

FREE CONSULTATION • NO WIN NO FEE

*Available 24/7 • \$76 million in Claims 98% WIN RATE!

www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at law
325 Broadway, Suite #401, NY NY 10007

Español العربية, עברית, Русский Attorney Advertisement



INJURED?

✓Car accident ✓Slip and Fall ✓Nursing Home Abuse
✓Dog Bite ✓Construction Accident ✓Medical Malpractice
Need a Lawyer?

Call Now: 212-571-9200

FREE CONSULTATION • NO WIN NO FEE

*Available 24/7 • \$76 million in Claims 98% WIN RATE!

www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at law
325 Broadway, Suite #401, NY NY 10007

Español العربية, עברית, Русский



ABSOLUTE DIVORCE

Hablamos Español

80 Broad St., 5th Floor, NY, NY 10004
212-504-2985 | www.absolutedivorceinc.com

SUMMER SPECIAL

STARTING AT \$219
+ court fees

Must bring in ad
Expires 8/30/2014

Over 60 Years of Experience

DINERMAN BERGMAN & DINERMAN

ACCIDENT?

ALL ACCIDENT CASES HANDLED

Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate

150 BROADWAY NYC • (212) 267-7575

Free Consultation **ASK FOR MARIA** *Hablamos Español*

BANKRUPTCY

917-783-0906

\$795+ Court Fees

Free Consultation
"I can help you get a fresh start"

Flushing (QNS): 39-01 Main St., Suite 400
Manhattan: 116 West 23rd Street, 5th floor

Debt relief agency. We help people file for bankruptcy relief under the bankruptcy code.

Howard S. Warner, Attorney
Evening and Sat appts available

CONSIDERING BANKRUPTCY?

25 Years' Experience

Law Office of Glenn S. Kessler
(718) 488-9100
32 Court St., Suite 704, Brooklyn
DebtFreeNYC.com

Free Consult, Friendly, Personal Service
Affordable Fees, Payment Plans

We are a debt-relief agency. We assist in filing for relief under the Bankruptcy Code.

IMPORTANT INFORMATION:

All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

CAREER TRAINING

BEST TRAINING BEST PRICE

MEDICAL TRAINING

| | |
|----------------------------|-------|
| Medical Assistant..... | CALL |
| EKG Technician..... | \$399 |
| Phlebotomy Tech..... | \$399 |
| Medical Billing..... | \$499 |
| Pharmacy Tech..... | \$899 |
| CNA (Nurse Assistant)..... | \$899 |

COMPUTER & IT TRAINING

| | |
|-------------------------------|-------|
| PC Technician (A+)..... | \$399 |
| Networking Concepts (N+)..... | \$399 |
| Network Security (S+)..... | \$399 |

FINANCIAL AID AVAILABLE **www.acecareer.edu**
ACE INSTITUTE OF TECHNOLOGY MANHATTAN 212-695-9700
QUEENS 718-575-3223

Career Training

Ultrasound Med Assistant (RMA)

Pharmacy Tech (PTCB)

Dialysis Technician

| | |
|---|-------|
| Nursing Assistant (CNA)..... | \$699 |
| EKG & Phlebotomy Combo..... | \$699 |
| Patient Care Technician (CPT)..... | \$699 |
| Medical Billing (CBCS)..... | \$699 |
| Med Off Administration (CMAA)..... | \$999 |
| Pharmacy Technician (PTCB)..... | \$999 |
| CPR (By American Heart Association Valid 2yrs)..... | \$80 |

ACCREDITED INSTITUTE

NEW YORK MEDICAL CAREER TRAINING CENTER
500 8th Ave. NY • 212-947-4444 • Close to Penn Station & Port Auth
36-09 Flushing Main St. • 718-460-4340 • Corner of Main Street & Northern Blvd
www.nymedtraining.com

Financial Aid Available If You Qualify

JOBS

We Train & Place!

New Media Production (Audio & Video)
PCT • HHA • Medical Asst EKG/PHLE/Pharm Tech
CNA FREE Training if eligible
Free Training US Vets - Solar Tech etc
Call: 718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

HIGH SCHOOL DIPLOMA

If you're 18 or older you can complete your high school education at home right now in as few as 2 months

212-967-7010

469 7th Ave, 7th Floor
(Btwn 35th & 36th Street)
Accepted by NYS Office of Higher Ed
Liberty H.S. Brattleboro, Vt.

MEDICAL ASSISTANT & COM. PROGRAMING

- Com. Networking (A+, MCSE, CCNA)
- Dental AssistantCall For Low Price
- Nurse Aide (CNA) \$400
- EKG & Phlebotomy (Combo) \$500
- Pharmacy Technician \$500
- Physical Therapy AideComing Soon
- Medical Billing & Coding
- ESL / CPR

Registration Fees, book, supplies, Lab fees are NOT included.

- We Accept Vouchers (HRA, Workforce, VESID, etc)
- Licensed by NYSED, Financial Aid Available for select programs if Qualified. Close to A, C, G, 2, 3, 4, 5, D, F, Q Train at Hoyt St

Call: 866-487-5432
www.AccessCareers.Edu

Open House
April 18th, 25th
(3:00 To 5:00 PM)

HHA/CNA training NYSED
Slow learner? Long time out of school? Placement Assistance. Job Placement Assistance \$14.00/per hr
Call 8718.349.8803

SERVICES

REDUCE YOUR CABLE BILL!

Get an All-Digital Satellite System installed for FREE and programming starting at \$19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW
877-356-0526

Nurses Aide Training - 31 days ONLY \$535 or HHA Training - 14 days ONLY \$340 Queens 718-488-1884

Front Desk/Concierge FT/PT, start ASAP, no felonies, no exp or lic req, will train. Up to \$3.45 per hour 347-356-8360

SERVICES

PEST CONTROL/TERMITE LIC.

6/9 DAYS NY STATE APPROVED CERTIFICATION & RECERTIFICATION IN 7A/7F/8/3A/7C & JOB ASSISTANCE

pestmanagementsciences@yahoo.com

CALL 24 HOURS. 1-800-220-5494 OR 718-205-0557

WEBSITE IS WWW.PESTCONTROLSCHOOLNY.COM

JOBS

General Help Wanted

SUMMER JOBS!!!

Protect reproductive rights!
Campaign to keep birth control affordable
& defend a woman's right to choose!

\$12-\$16/hr
FT/Career

Call Sam:

212-219-1502

Business Opportunity-Owner/Operator-Open House

Deliver newspapers as an Owner/Operator under agreement with our company in Manhattan. Earn up to \$1,000+/month. Must have dependable car. Call 646-277-3795 for details

Ashmatt Employment Agency

Many Job Openings
Construction, Restaurants, Deli
Cashiers, Domestic and more
(718) 478-5690
Fee

SECURITY GUARDS NEEDED ASAP!

No Exp Nec. Up to \$18.75/hr
917-474-4350

Now Staffing Housekeeping

in hotel & office bld, up to \$23. ph. 917-244-3191 and 347-357-6063

CDL A or B Delivery Driver (NYC) F/T 2+ yrs. exp of flatbed truck. Clean driving record. #718-581-6660

General Help Wanted

Full Time Openings
Seeking Motivated Individuals for our Expanding Customer Relations Team
No Experience Needed
Full Training Provided
Starting ave \$17/hr
Advancement Opportunity
We Need Leaders
Call Today, Start Tomorrow
718-210-3643

Immediate Openings
No Experience Required
We Train the Right Candidates
Earn \$18/hr avg
Plus Bonus Opportunities and Trip Incentives
Looking for Individuals to Grow with Us
We only Promote from Within
Call today to set up an Interview
914-233-0644

PSYCHICS

PANDITH: GOUTHAM
MOST POWERFUL & SUCCESSFUL SPIRITUALIST FROM INDIA
EXPERT IN READING PAST PRESENT FUTURE
I WILL REMOVE & DESTROY
BAD LUCK, WITCHCRAFT
OBEAH, JADOO, VOODOO & BLACK MAGIC
PERMANENTLY
REMOVING YOUR PAIN IS MY GOAL
347-570-9159
104-12 115 STREET
RICHMOND HILL, NY 11419
(Private House)

TICKET AGENTS

Start today! Paid daily
Choose Hours 30% comm
218 W. 37th St. 5fl
212-664-0300

Psychics

SPIRITUAL HEALER ANNA

Finally there is a born gifted healer you can trust...

She has over 40 yrs exp. She will know the causes of your problems without asking any questions & knows how to solve them, reveal names of enemies, reunite lovers, stops divorce, cure sickness, help childless couples, bring success to business, jobs, exams, etc.

If Anna cannot help you no one can! She is superior to all others.

She is one of the only certified Spiritual healers.

Reading by Phone First Reading Free

MARRIED COUPLE

Someone had wished
I wouldn't marry the man
I love... Thanks to Anna
we are now happily married!



HUSBAND & WIFE

Our business was failing, we had no hope until my husband called Anna for help. A few days later we started to see amazing results!

718-701-0224

FAMILY

We have been married for six years and had no children. Thanks to Anna we now have two healthy kids.



SERIGNE

917-679-1518
Spiritual Reader & Coach
bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job, success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection.
FAST RESULTS
SpiritualRestore.com

Mr Khalifa International African Spiritual Healer & Clairvoyant with 39 yrs exp. Helping ppl across the world. Solves problems: Bad influence, Blockage, Disease, Sexual problems, Bad Luck, Business success, Black Magic, Exams, Court, Marriage & Relationship. Call Mr Khalifa, Results within 7 nights. 646.339.2385 or 646.630.8303

AFRICAN ADVISOR & SPIRITUALIST

MR SHEIKH SALEEM.
6TH GENERATION OF AFRICAN MEDIUM,
CAN HELP YOU OUT
OF DESPAIR, SOLVES ALL ISSUES.

Love specialist, Reunite lovers even hopeless cases, Business success, Release from spell, Clear Negativity, Strong Voodoo, Black Magic, Court issues, Family problems, Drugs, Careers, Exams, Gambling, Luck, Protection, Impotency/Infertility & more.
917-254-6647
116TH/7TH AVE
WWW.AFRICANMEDIUM.COM

REAL ESTATE

Real Estate for Sale

Jamaica, Queens. 2 Fam/Hs
rens, 3 Bds, finished bsm, driveway and backyard.
Call Owner 917-406-6558

NOTICE TO THE PUBLIC AFFORDABLE HOME PROGRAM

START WITH AS LITTLE AS \$1,000

GOOD CREDIT, BAD CREDIT, NO CREDIT
ALL CASES PROCESSED

CALL NOW FOR FREE REGISTRATION
MANY HOMES ARE FULLY RENOVATED

BROOKLYN, QUEENS, BRONX,
WESTCHESTER AND LONG ISLAND
3.5% TOTAL DOWNPAYMENT NEEDED

Rooms for Rent

100's Available, All Boroughs



Private Entry Bath Cooking
1 Person/2 Person \$125/wk up room rentals
Studios \$900/up
212-697-3598

Affordable Furnished Rooms in Manhattan



Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
\$125 per week • Call 212-862-0030

All Manhattan/Bronx



Furnished Rooms For Rent!
Cable/Internet Ready! Move In Today! All utilities Inc.
Starting Just \$125/wk.
Call Us Now: (212) 368-2685

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1279729 for On-Premises Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 34 W. 33rd Street, Store #5, NY, NY 10001 for on-premises consumption. 33 Captain Claws Inc.

Real Estate for Sale

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number Pending for Liquor & Wine has been applied for by the undersigned to sell Liquor & Wine at retail in a Bar Restaurant under the Alcoholic Beverage Control Law at 92-03 37th Ave., Jackson Heights, NY 11372 for on-premise consumption. Bar Restaurant La Ruana Paisa Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending for On-Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Wine Bar under the Alcoholic Beverage Control Law at 3508 Broadway, New York, NY 10013 for on-premises consumption. Anchor Winebar LLC.

NOTICE IS HEREBY GIVEN that a license, Serial # 1279780 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 515 Atlantic Avenue, Brooklyn, NY 11217. Kings County, for on-premise consumption. Ganso Magillah LLC.

NOTICE IS HEREBY GIVEN that a license, Serial # 1279767 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 86 Mulberry Street, New York, NY 10013. New York County, for on-premise consumption. Vietnam Mess Kitchen Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1279653 for On-Premises Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-18 162nd Street, Flushing, NY 11358 for on-premises consumption. Point NYC Inc

NOTICE IS HEREBY GIVEN that a license, Number 1279399 for On-Premises Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 1170 Wantagh Ave, Wantagh, NY 11793 for on-premises consumption. Mt. Fuji Japanese Cuisine d/b/a Mt. Fuji Sushi Hibachi

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

METRO STANDS OUT

Get what you're missing with Metro!
www.metro.us

With more reach than the Post or the Daily News, Metro stands out from traditional paid newspapers. The future of print is FREE.



Metro reaches more adults 18+ living in Manhattan than the Post or the Daily News.

Source: Scarborough R2 2013

FOR ADVERTISING CONTACT ADVERTISING@METRO.US OR 212-457-7735



Apartment Hunting in New York?

Visit LandlordsNY.com, tell hundreds of landlords and property managers what you're looking for and be matched up with available rentals - with no fee! How does it work? You tell our members what you want, when a landlord has an opening that matches your requirements you'll be contacted directly.

Find your dream apartment at

LandlordsNY.com

Over 600,000 units and 50 million square feet owned and managed by LandlordsNY members!

About LandlordsNY

LandlordsNY is the first social network exclusively for landlords and property managers. Members have free tools, resources, and services including ability to ask questions to top industry experts, search for and obtain inquiries from qualified vendors, find qualified tenants and employees, and most importantly learn from each other! LandlordsNY is free to anyone who owns or manages property as a business in NY.